

## Families Matter Parent Link Centre

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## March 2019



### OUR CENTRE OFFERS...

- Drop-In & Play (0 – 5 yrs)
- Infant Drop In & Play
- Support and Information for all Parents
- Community Resources
- Individualized Support
- Parenting Workshops
- Postpartum Support
- Ages and Stages Questionnaire for Child Development
- Healthy Snacks
- A Multilingual Community
- Celebrations

**“CLEANING YOUR HOUSE WHILE YOUR KIDS ARE STILL GROWING IS LIKE SHOVELING THE SIDEWALK BEFORE IT STOPS SNOWING.”**  
— PHYLLIS DILLER

# Bowness – Parent Link

### Drop In & Play

Come and explore our centre and join your child in play. Play creates a wonderful way to connect with your child while they are “at work”. Drop In & Play also provided opportunities to engage with other parents, learn about what resources are available in the community and enjoy a cup of coffee or tea. For specific times check out the calendar!

### Infant Drop In & Play - Wednesdays 10:30 – 11:30 am

Do you have a child under 12 months? Join us for Infant Drop In & Play. With childcare is available for older siblings, you will be able to enjoy this one-on-one time with your baby, discuss parenting, learn some songs connect with other parents and community resources.

### Evening Drop In & Play

Come and join us every Tuesday for Drop In & Play from 4:30 - 6:30 pm. It is an opportunity to wind down with your child after work, preschool and right before dinner time. Explore and engage with engaging materials and activities. This is a wonderful way to connect with your little one by doing something they enjoy the most – playing!

### Saturday Drop In and Play

Join us on Saturday March 16<sup>th</sup> from 10:00 – 12:00 pm, we will celebrate St. Patrick’s Day come wearing green and we will go on a fun filled scavenger hunt. Bring your whole family and have some fun together!

### Celebrations

International Women’s Day, is March 8<sup>th</sup>, 2019, please join us to celebrate the important women you are or the important women in your life. We will be offering complimentary short massages from massage therapy students during Drop In & Play time on March 7<sup>th</sup>, 2019. Join us for this relaxing morning!

### Parenting Education Classes

#### Nobody’s Perfect March 13- 20 & April 3- May 8 1:30 - 3:30

Nobody’s Perfect is a support and education program for parents of children from birth to age five. Nobody’s Perfect is a free program that supports parents to enhance their knowledge, skills, self-confidence, and support systems. The program has proven to be successful across Canada and internationally.

### Cold and Flu Season

It’s that time of year, if you or your children are sick, please stay home and get better! If you or your child have a fever, runny nose, are vomiting, or have had diarrhea in the last 24 hours, you are not well enough to come to the Centre. Please help us prevent the spreading of illness and know we are only looking out for your family’s health as well as the health of everyone else who uses our space. Thank you for your understanding and cooperation.

*Learn Play Love*